



The Power of WRAP

Join us for the WRAP Around the World Conference

by Mary Ellen Copeland PhD



Please join me at the WRAP Around the World Conference, January 25-27, in Oakland, California. I am already working on my keynote address, “The Power of WRAP.”

I hear more and

more incredible stories of how people have used WRAP to get through the hardest of times, to get well, to feel the way they want to feel, and to stay well. I have heard about how WRAP is being used with children, young people, and adults of all ages. I am finding out for myself how important WRAP is as I deal with age-related issues. I want to share these stories with you and share my vision for a future where everyone is free to move through their mental health difficulties safely without fear of oppression. Working together, I feel certain we can all make this vision come true.

I will be spending most of my time at the conference visiting with you. That is actually the most important part of the conference for me. Just as I did at the two previous conferences, I will do my best to shake hands and talk with every one of you, listen to your WRAP stories, get ideas and advice from you, and give ideas and advice where I can. I will be glad to answer your questions about the “evidence base” and what that means to you.

I will be situated where you can easily find me—next to the book table. This is such an honor for me to be able to meet with you.

I will ask if I can have my picture taken with you. I load these pictures onto my computer and they become a screen saver for me, so that every so often I see your face come up, remember you, and look forward to seeing you again. This is so important to me. It warms my heart.

As we approach the conference, I find myself reliving fond memories of our two previous conferences, the first one in July of 2005 in Amherst, Massachusetts, and the second in August of 2011 in Philadelphia—both in really hot weather. We promise “cool” for the next one. These events give WRAP a great boost. They power WRAP outreach forward *exponentially*. And they give all of us the stamina and enthusiasm we need to go on.

These are absolutely amazing events where hundreds of people gather to learn, grow and celebrate a remarkable achievement. With no money from pharmaceutical companies, with no government grants, with no big organization or agency, we—all of us working together—have catapulted a simple, safe mental health recovery system to international prominence. Millions of people have benefitted from this simple system. The conference is a time to learn, and network with each other, to renew ourselves for the important work we all continue to do.

Excerpt from Keynote Address at 2011 conference:

“And we are celebrating, loudly, that we have done what we had been told over and over could not be done. They said no one could ever recover from what they call “mental illness.” But we have shown them that is not true. We have shown them

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Eliminating Seclusion and Restraints *Creative Revolution*

by Matthew Federici, M.S., C.P.R.P., Executive Director



On November 1, the Copeland Center was honored to participate in *Creative Revolution: Mobilizing Our Healing Resources* in Philadelphia, a conference held by Mind Freedom International. MFI held this successful special event to help participants learn about, discuss and build connections and resources for alternatives to and within the mental health system.

National Director of Education Gina Calhoun and I were well received by many when we shared how WRAP has been a powerful yet simple self-directed process whereby many have found alternatives to invasive and ineffective treatments. We also held a forum to further our work on eliminating the use of seclusion and restraints. Participants in the discussion ranged from family members of a person going through significant emotional struggle with the mental health system, primary care physicians, social workers, psychologists, peer specialists and people seeking their own wellness. All embraced the Copeland Center position against all uses of seclusion and restraints in psychiatric services as we reviewed our position paper released October 2011. We offered hope through the success stories of the Pennsylvania State Hospitals, where they reduced the use of seclusion and restraints by 98% from 2000-2010. Next we took on an emerging challenge that has risen out of the discussion on our position: *what to do when a person is in an intense crisis where you have little information and it appears that the person or others around are in danger?*

For the medical doctors in the discussion, it was said that this is a very challenging situation specifically in emergency room settings where there are other medical emergencies occurring. Often in those settings it is high pressure for the doctors and other professional supports. Under the pressure and multiple issues going on, the response is to contain the crisis and assess later. Medications can be the quick solution especially when the physical environment is not conducive to the person's behaviors and the only tools at their disposal are drugs. As our position paper states, responding in this way with drugs is considered to be a chemical restraint, which we oppose as well. Further, many professional supporters in these situations do not have a guide or consistent tool to assess safety and so are they often left to interpretation and their own fear and stress levels.

Next we forged ahead with what might be helpful and how we might move away from invasive and potentially harmful responses. Some of the ideas shared by this group of diverse perspectives on how to provide alternatives to restraining and secluding of people were:

1. **Focus on the physical environment**—changes to our crisis and emergency settings: creating spaces that promote safety and allow people to have privacy; low stimulus environments that are soothing and calm. Consider the use of music. Have spaces that can allow for people to let out frustrations without harm to others.

2. **Having a navigator:** Supporters trained in having engaging dialogues. Have

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Copeland Center for Wellness and Recovery

The Copeland Center for Wellness and Recovery is a non-profit, 501(c)(3) organization founded in 2005 to provide training, consultation, and program activities to support the wellness and recovery journeys of individuals and to enhance the effectiveness of recovery groups, care providers, organizations, and systems. The Copeland Center provides training on the Wellness Recovery Action Plan® (WRAP®). It is the only organization in the world which conducts the training required to become a certified Advanced Level WRAP® Facilitator.

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Message from Dr. Copeland *Continued...*



that we can and do recover. We have shown them that we can and do go on to do the things we want to do with our lives and be the kind of people we want to be.”

“I was at a conference in Santa Fe, New Mexico, a number of years ago. An official from the federal Substance Abuse and Mental Health Services Administration took me aside and

said, “What’s going on? We haven’t given you any money. We haven’t helped you in any way at all, yet WRAP is everywhere. It’s spreading like wildfire.” I couldn’t give him an answer. All I knew was that, like you, most days I work from dawn until dusk, spreading the word about mental health recovery and WRAP. Often, like you, I am on the road, driving, riding on the train and even flying to do what I can do to make WRAP accessible to more and more people.



I may slow down, but I won’t stop. And I know you won’t either. In whatever way we can, we will join with the thousands and probably millions who are part of this “ginormous” effort. That is my six-year-old grandson’s word.”

“My spouse Ed, who works relentlessly to make WRAP

and mental health recovery possible for more and more people, has, in his life, been involved in many social justice movements. He says that this human rights movement has had greater impact than any of the other great movements he has been involved in.”

“The WRAP and recovery movement, a movement of the people, by the people and for the people, affects all people, all sexes, and races, and cultures, all ethnic backgrounds, and sexual identities, and ages, and disabilities, rich and poor, people with lots of advantages and people with no advantages.”

I look forward with great anticipation to seeing you and being with you in January at the conference in California.

Mary Ellen Copeland



The WRAP Mood Board

Elizabeth Hicks shared her incredible WRAP Story with Mary Ellen Copeland and Ed Anthes when they were in Manchester, England last month presenting at a WRAP “un”conference. At this unique event, attendees were given the opportunity to share the many ways they are using WRAP in their communities and in their own lives. Their input was documented and will be sent to the National

Health Service to convince them to support WRAP throughout England. In this video, Elizabeth describes how she developed a WRAP “Mood Board”. Like others all over the world, for Elizabeth, WRAP has been life changing. She is no longer known by her given name, Stella, but as her middle name, Elizabeth which she feels suits her so much better. Her style of dress models her new found high self esteem and positive attitude. Go to the WRAP and Recovery Books website to hear Elizabeth tell her story.

Creating a Plan for Ending Human Rights Violations in the Mental Health System

by Khatera Aslami, Consumer Relations Manager, Alameda County Behavioral Health Care Services

Can you imagine someone you love or even yourself being left in physical restraints for four weeks?

Well, a man in Japan experienced this horrific violation. He shared it with Mary Ellen Copeland the last time she visited the country. Sadly, human rights violations like this are still happening and are not rare. This is exactly why Mary Ellen Copeland, PhD, author of the Wellness Recovery Action Plan; Edward Anthes, human rights advocate; and Matthew Federici, Executive Director of the Copeland Center, facilitated the institute on Thursday, October 11 at the 2012 Alternatives Conference. Their goal was to bring a group of people together to discuss and develop action plans to address this and many other horrific human rights violations in the mental health system around the world.

"It's disgusting and has been going on for generations," expressed Mary Ellen to a group of over fifty people. After reading more about the issues in Robert Whitaker's book, *Mad in America*, she states it was so bad and too upsetting that she couldn't sleep. "To read about the horrible things that have happened to people over time.... We still have horrific human rights violations in the mental health system and need to do something about it."

The first half of the institute focused on hearing from the participants about their experiences. After hearing these and many more stories, we took a break. Following our break Mary Ellen, Ed and Matthew shared what Pennsylvania has done to end these human rights violations.

In the State of Pennsylvania, all mental health state hospital staff, psychiatric emergency response teams and peer specialists were trained for two weeks. The peer trainings (which were led by people with lived experience of mental health challenges) focused on emphasizing that effective treatment is a recovery-supported approach. With this new initiative, the State went further and became transparent about seclusion and restraints data from the psychiatric hospitals. Their policies targeted the elimination of seclusion and restraints, and emphasized that the use of them would be seen as treatment failure. Hospital environments became safer for individuals receiving services and their support staff. More Peer Specialist positions were created when five state hospitals were closed down. As a result of this, increases in employment and housing and major reductions in re-hospitalization occurred.

With the success of Pennsylvania, we moved our discussion to action plans of how to bring positive change to the mental health system throughout the country and world.

One of the action items that received a lot of attention was the development of an activism curriculum to promote people coming together to support one another in speaking up and engaging in system change. "Un-muting our mute button," as David Oaks, Executive Director of MindFreedom International, stated. David and Mary Ellen have been discussing the need to develop a curriculum focused on mutual support groups to create active community members who speak out when human rights violations occur.

Other action items included more people downloading the free PEERS Media Watch app for iPhones. It's a tool for anyone, including activists, who want to stop the negative portrayals of people with mental health challenges in the media. Or thank the media when they do positive portrayals. Activists can also get involved with Occupy the APA (American Psychiatric Association).

After the institute, Mary Fala from Norristown, Pennsylvania, shared, "I felt this institute was productive, especially the idea of creating an activist curriculum for support groups throughout the country. That will help to normalize this competency of people with mental health issues to help others." She added, "Overall, I felt very heard."

Terry Bryne from MHASF commented, "The issue is so huge and it's absolutely important we have commitments to do something... There were wonderful ideas and great energy."

As a WRAP Facilitator, I appreciated how Mary Ellen, Ed and Matthew upheld the values and ethics of WRAP, honored each person, and created space for all of us to share and learn from each other. I, along with the majority of Institute attendees, committed to continue the discussion and take action.

For the full article or to make a comment please visit <http://www.peersnet.org/blog/2012-10/creating-plan-ending-human-rights-violations-mental-health-system>

Khatera Aslami is a Certified Advanced Level WRAP Facilitator and former Executive Director of PEERS. Through her leadership, PEERS was recognized as the first International WRAP Center of Excellence by the Copeland Center. PEERS and Alameda County Behavioral Health Care Services have partnered with the Copeland Center to host the 2013 WRAP Around The World Conference in Oakland, California, Jan 25-27, 2013.



WRAP Around the World Conference

Oakland, California

January 25-27, 2013

The WRAP Around the World conference will bring together people in recovery, peer specialists, professionals, and supporters. Learn more about how WRAP works with kids, veterans, healing trauma, people with addictions, transition age youth, people from a multitude of different cultures. Come share with people from all over the world about wellness and recovery skills, strategies, and stories.

The conference will have over 50 workshops, keynote speakers, caucuses, networking, and wellness and the arts activities.

Comments from last year's conference:

"Thank you so much for organizing this wonderful conference. We valued this precious opportunity to learn about the diverse experiences on how WRAP changes people's lives." ~ Jessica, Hong Kong

"One of the best conferences I have ever been part of. Well worth the trip to the other side of the world!" ~ Bianca, Australia

"I hope that you are able to make this an annual event. We all got so much out of the conference and I feel being there strengthened my own wellness and recovery, truly. The conference had an amazingly strong atmosphere of camaraderie and ease." ~ Elaine, Maryland

Registration: \$400 per person

Registration includes all the plenary sessions, workshops, caucuses, entertainment, and networking during the conference as well as continental breakfast on January 25-27 and lunch on January 26-27, 2013.

For more information or to register: <http://copelandcenter.com/our-services/conference-registration> or 888-959-2649

Group rates available. For more information, contact Katie Wilson, Director of Marketing and Special Projects, info@copelandcenter.com or 802-451-0140



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A dedicated website is now available for you to make your hotel reservations online:

<http://tinyurl.com/WAW-Marriott>

Workshop Highlights for the WRAP Around the World Conference to be presented by Advanced Level WRAP Facilitators

WRAP and Developing a Consumer Network - **Cindy Schwartz and Sandra Baker-McQueen**



People who have experienced mental health difficulties are increasingly being recognized as an essential component in the planning, delivery, and evaluation of mental health services. Their involvement adds value to the mental health system not only by ensuring that services are client-centered and responsive to the needs and preferences of the individual; but also because the shared experience of mental illness and unique perspective on the mental health system creates a common, interpersonal context that can help foster hope and recovery.

The presentation will outline a rationale for the current movement toward a consumer oriented and driven approach toward recovery based behavioral health systems, and an overview of WRAP and the development of the Consumer Network in Miami, Florida.

Recovery to Practice and the WRAP Facilitator - **Rita Cronise**



The SAMHSA-Funded Recovery to Practice Initiative is designed to bring recovery values into mainstream mental and behavioral healthcare. The training for peer specialists, which will be available as a free download on the National Association of Peer Specialists website in 2013, is ideally suited for WRAP Facilitators to hold continuing education and facilitated discussions on ways to bring recovery principles into practice and other topics that are important to the peer specialist

profession. In the session, participants will learn about the training and how to get involved.

WRAP, Peer Support, and working with Veterans - **Colleen Vaughan**



Veterans with serious mental health issues have unique challenges as they struggle to learn ways to cope with their present lives and the long-lasting effects of their experiences in the military. These struggles are compounded by the military culture that fosters not asking for help but to "man up." WRAP is being used to help Veterans develop tools to address the challenges that each brings.

WRAP Art for Insight - **Janet Laird**



Did you know that creating art can bring deeper insight and understanding of your WRAP? Are you interested in creating simple art projects to express yourself? No previous art experience is needed to produce a unique self-expression depicting your personal list of "What I Am Like When I Am Feeling Well." All supplies will be provided. Janet Laird's session at the WRAP Around the World Conference in 2011 had standing room only and had rave reviews. Presenting new material, Janet brings this important part of WRAP alive in a fun and easy approach.

WRAP and Loneliness – **Sherri Rushman**



Everyone needs friends we can talk to, pals to share activities with, and people we can depend on. This training is based on Mary Ellen Copeland's "The Loneliness Workbook" and we will explore: definitions of loneliness, images of loneliness, what loneliness means to you, why people may avoid you, how to use wellness tools to relieve loneliness, how to enjoy time alone, looking at your strengths, and how to have mutual relationships. Sherri Rushman, Advanced Level WRAP Facilitator, will guide attendees through the process of identifying support related Wellness Tools and then using those tools to build a powerful WRAP.

WRAP Around the World Conference to feature a track on “Trauma and WRAP”

For those of us who have experienced trauma, many things can be triggering. Creating a plan that empowers us to determine what works well for us is a trauma-informed practice. Making a connection based on shared experience offers the most hope for others. However, being a “peer” in a WRAP® workshop is not defined by patient identities or illness. An essential value of WRAP® Facilitation is that “difficult feelings and behaviors are seen as normal responses to traumatic circumstances and in the context of what is happening and not as symptoms or a diagnosis”. Also it is a practice that “clinical, medical and diagnostic language is avoided” in facilitation of WRAP® classes.

Practicing these values and ethics is critical to ensure that WRAP® is a tool for recovery and healing from trauma. Regardless of identifying as a peer or a person in trauma recovery, WRAP® is for everyone and anyone may find quality of life benefits in taking this WRAP course.

Presenters:

Cheryl Sharp is Special Advisor for Trauma-Informed Services for the National Council for Community Behavioral Healthcare. She received her degrees from East Carolina University. She practices as a life coach/mentor and is an ordained minister. She holds the unique perspective of a person with lived experience both as a family member and as an ex-consumer of services as well as a provider of services. She is an Advanced Level WRAP Facilitator and serves as a trainer/consultant for the Copeland Center for Wellness & Recovery, a Mental Health First Aid Trainer® and a trainer of Intentional Peer Support. She recently received the Lou Ann Townsend Courage Award for her contributions on behalf of those with psychiatric disabilities.

Sharon Kuehn is Social Inclusion Campaign Program Manager at P.E.E.R.S. and an Advanced Level WRAP Facilitator. Sharon’s leadership in the California and national consumer movement has included developing the first consumer-run training contract through the statewide Mental Health Co-Op, leading the Mental Health Managers in Recovery, serving as a lead consultant in the development of Recovery Training content for the California Institute for Mental Health, and representing the statewide client voice as the Executive Director of the California Network of Mental Health Clients.

Spanish-Language Track Available During Workshop Sessions

Certificates Offered at the Conference:

Introduction to WRAP: Seminar I

This course is for anyone who wants to learn about the WRAP® and begin to incorporate it into their life to improve personal wellness and achieve an improved quality of life. These workshops are designed to be highly interactive and encourage participation and sharing from all present. This workshop also lays a broad foundation for building a peer workforce. This track fulfills the prerequisites for being trained as a WRAP Facilitator and allows participants to go directly into the training following the conference. Participants must attend all required sessions for the certificate.

WRAP Facilitator Refresher credit

WRAP Facilitation is a training program developed and implemented by the Copeland Center for Wellness & Recovery based on ongoing consultation with Mary Ellen Copeland, her associates, Mental Health Recovery and WRAP facilitators, and people with a lived experience in recovery. In order to improve skills and stay informed regarding effective approaches to WRAP Facilitation, continued learning is imperative. It is recommended that WRAP Facilitators attend a Refresher Course at least once every two years in order to stay up to date on developments and best practices.

Attending the WRAP Facilitator Refresher during the conference is included in the cost of registration. However, you must pre-register for the Refresher to guarantee yourself a space in the course. Participants must attend all required sessions to qualify for the certificate.

Pre-Conference Institute: Advanced Level WRAP Facilitator Refresher

Advanced Level WRAP Facilitators can gain a Refresher certificate through attendance at a Pre-Conference Institute on 1/24 and participation in the conference 1/25-1/28/13. Seats are limited and pre-registration is required. Registration for Institute: \$75

Featuring:



Mary Ellen Copeland is founder of the Copeland Center for Wellness and Recovery. She has presented numerous keynote addresses, trainings and workshops all over the world and is well known in the world wide mental health recovery movement. She is the author of many self help resources including *WRAP Plus*, *WRAP: Wellness Recovery Action Plan*, *The Depression Workbook: A Guide to Living with Depression and Manic Depression*, *WRAP and Peer Support* (with Shery Mead) and the popular facilitator training curriculum, *Mental Health Recovery and WRAP*.



Robert Whitaker has won numerous awards as a journalist covering medicine and science, including the George Polk Award for Medical Writing and a National Association for Science Writers' Award for best magazine article. In 1998, he co-wrote a series on psychiatric research for the *Boston Globe* that was a finalist for the Pulitzer Prize for Public Service. *Anatomy of an Epidemic* won the 2010 Investigative Reporters and Editors book award for best investigative journalism.



Darrell Steinberg is the President pro Tempore of the California State Senate. Steinberg is a strong advocate for children and mental health issues. As a member of the State Assembly, Steinberg authored legislation to focus additional education resources on high-poverty schools and make them accountable for improvement. He also authored several nationally recognized laws to improve the state's foster care system, including measures to improve provider accountability, educational consistency, and placement stability for children in foster care.



Paolo del Vecchio, MSW is the Director of the Substance Abuse and Mental Health Services Administration (SAMHSA)'s Center for Mental Health Services (CMHS). SAMHSA is the lead Federal agency designed to reduce the impact of substance abuse and mental illness on America's communities. A self-identified mental health consumer, trauma survivor, and person in recovery from addictions, Paolo has been involved for over 40 years in behavioral health as a consumer, family member, provider, advocate, and policy maker.

Skyline Dinner with Mary Ellen Copeland and Robert Whitaker

Please join Mary Ellen Copeland, PhD, celebrated author of *WRAP*, for a fundraising dinner at the Marriott on the eve of the conference, January 24. This small gathering will offer a chance to talk with Mary Ellen Copeland and Robert Whitaker while supporting the Copeland Center. **Tickets: \$125**

The Copeland Center would like to thank the sponsors of the WRAP Around the World Conference:

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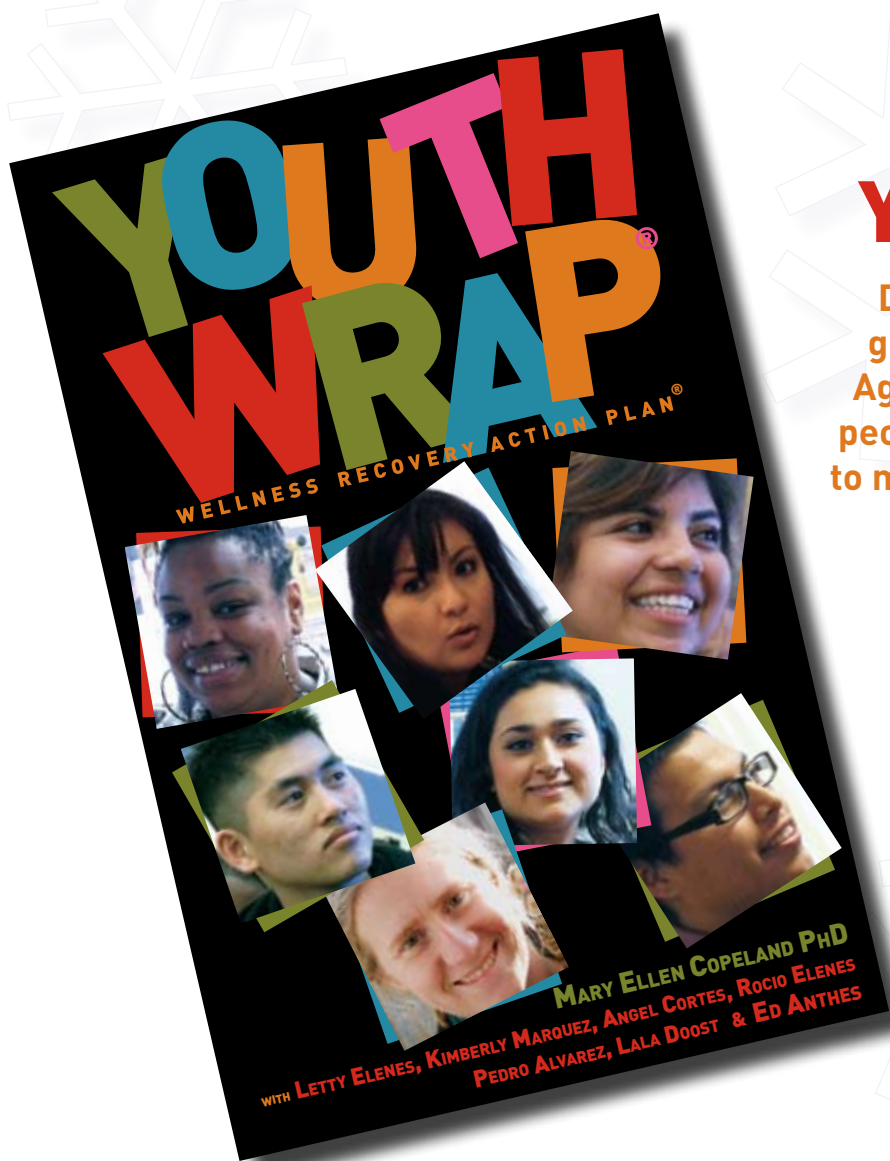


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From the Director...*Continued*

supporters who will break down the unfamiliarity through orientation and exploring of choices and options. Peer Supporters that can relate to the first time experience of a crisis can be especially prepared to engage people in crisis.

3. **Natural Elements:** Temperature and lighting can be helpful or a trigger for people. For example it was shared that when your body temperature is hot it is more difficult to be “enraged.” Consider even offering hot tub; sauna rooms or inhalation rooms.

4. **Allow for movement:** Many crisis environments expect people to be still or sit, maybe for long periods of time through the process. Plan for pacing, with the person being able to walk and move around.

5. Supporters should have **training in Martial Arts** that are safe and defense-based to lower fears and provide protection that will not bring harm when used, such as “Aikido.”

6. **Ask immediately** whom the person **considers a supporter**, and ask them if they can be contacted to come in and support them through the process. It is especially difficult during intense crisis situations when no one has a relationship with the person and therefore no context for the crisis or strengths of the person to work through the crisis. Don't overlook the power of pulling the person's friend or family member in immediately. Just the fact that you ask first thing leaves a message for the future on the importance of having support in your life.

These are just the beginning of ideas if we just keep trying for another way. There are so many alternatives that can be explored. Albert Einstein said, “If first the idea is not absurd, there is no hope for it.” No matter how odd, unusual or different the ideas may appear at first, we need to keep thinking. We must refuse to accept inhumane approaches that cost more in the longer run in personal harm, trauma and funding. We hope you will share with us more ideas by emailing info@copelandcenter.org.

Copeland Center Calendar INFORMATION AND REGISTRATION

2013 WRAP Facilitator Training:

January 28 - February 1 – Oakland, CA

April 4-8 – Columbia, SC

May TBA – Evanston, WY

June 24-28 – Brattleboro, VT

September 30 - October 4 – Brattleboro, VT

Online WRAP Facilitator Renewal Course:

January 7 – May 31

Advanced Level Facilitator Training:

March TBA– Mount Gretna, PA

June TBA – St. Paul, MN

For the most up-to-date information on events: <http://copelandcenter.com/events>

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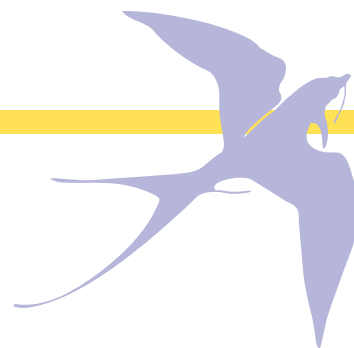
The course instructor is an experienced recovery educator. The Correspondence Course is an excellent way to prepare to become a WRAP® Facilitator.

For more information:

<http://copelandcenter.com/trainings/correspondence-course/>



NEW! Online WRAP Facilitator Renewal Course



In order to improve skills and stay informed regarding effective approaches to WRAP Facilitation, continued learning is imperative. It is a best practice for WRAP Facilitators to attend a Refresher Course at least once every two years in order to stay up to date on developments. Now you can gain important Refresher credit without the added expense of traveling or taking days off from work and away from home. WRAP Facilitators will participate in ten online seminars and complete assignments between online sessions, beginning on January 7, and finishing up on May 21.

The online WRAP Refresher Course is facilitated by Copeland Center Advanced Level Facilitator Jo Halligan. Through attendance in this course WRAP Facilitators will:

1. Recognize expanded options on how to give effective group introductions.
2. Identify additional knowledge areas, values and ethics of WRAP.
3. Apply at least one new skill to sharpen and expand group facilitation skills.
4. Develop new and creative approaches to facilitation to accommodate participant challenges and differing group needs.

Recommended for WRAP Facilitators to enhance knowledge and stay up-to-date on the ever-expanding knowledge-base of WRAP. Gain important Refresher credit without the added expense of traveling away from home or taking days off from work.

Copeland Center FOR WELLNESS AND RECOVERY



*promotes personal, organizational,
and community wellness and
empowerment through education,
training, and research.*

The Copeland Center for Wellness and Recovery serves hundreds of people each year through WRAP® Facilitator Training, introducing people to WRAP®, and by providing technical assistance to agencies and organizations. The Copeland Center reached its highest annual scholarship level, awarding 60 individual scholarships for trainings and conferences in 2011.

The Copeland Center works with the Veterans Administration, state agencies, community organizations, and individuals to create greater wellness for people who are struggling with life's challenges. Your contribution gives us the means to offer more scholarships in our trainings and offer our trainings in areas that are underserved.

If WRAP® has made a difference in your life please contribute so we can extend WRAP® and wellness further in communities around the world. The Copeland Center is a non-profit (501c3) and all donations are tax-deductible.

Make a Difference Today!

To give a tax-deductible donation, helping to support activities of The Copeland Center, complete this form.

Make your check or money order payable to The Copeland Center for Wellness and Recovery, Inc., and mail it to: P.O. Box 6471, Brattleboro, Vermont 05302. **Or, donate online at: www.copelandcenter.com**

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